



MOUNTAIN PLAINS RURAL OPIOID TECHNICAL ASSISTANCE CENTER

NEWSLETTER

IN THIS EDITION:

HIGHLIGHT REEL:
STIGMA 101

PARTNER SPOTLIGHT:
MOUNTAIN PLAINS
ADDICTION TECHNOLOGY
TRANSFER CENTER

IHANKTONWAN
WOWAS'AKE YOUTH
PROJECT

CALL TO REGISTER: MOUNTAIN PLAINS MHTTC 2023 LEADERSHIP ACADEMY April 24-26, 2023

Registration for the Mountain Plains MHTTC's annual Leadership Academy is now open! The Leadership Academy provides participants with a one-of-a-kind customized experience where emerging leaders dealing with the unique challenges of rural behavioral healthcare can come together to learn more about being an effective leader. The training will include valuable information, interactive experiences, and peer-led discussions regarding rural behavioral healthcare workforce topics, including identifying personal leadership styles, tools for leading organizational change, and the impact of trauma on leadership communications, staff morale, and client interactions.

Participation is limited to 18 attendees, and applications will be accepted on a first-come-first served basis. The event will be held at the WICHE offices in Boulder, Colorado. Travel, lodging, and meal costs will be covered by the Mountain Plains MHTTC. Please, note, registration closes on March 10, 2023!

[LEARN MORE](#)



FEATURED



PODCAST: Wowas'ake Podcast

The Wowas'ake Podcast is intended to educate and empower youth through discussions on mental health awareness, breaking through creativity, and the meaning of Wowas'ake (to have strength).



HIGHLIGHT REEL

RECAP

EVENT HELD: FEBRUARY 21, 2023, 11 A.M. MST
PRESENTER: IVORY TUBBS

STIGMA 101

Anyone and everyone
can be affected

STEPS TO REDUCE STIGMA

Talk openly about mental health.

Educate yourself and others.

Be conscious of language.

Encourage equality between
physical, mental illness, and SUD.

Show compassion for those with
mental health and substance use
challenges.

Choose empowerment over shame.

Be honest about treatment.

Let The media know when they're
being stigmatizing.

Don't harbor self-stigma.

Much of what many people have learned about Substance Use Disorder (SUD) and mental health has come from pop-culture.

The emotional impact of stigma

So many carry with them the weight of guilt, every moment of their daily lives.

The personal shame of the missed and squandered opportunities, poor and nonexistent familial connections due to their substance misuse or mental ailment.

It is akin to ripping off a scab every time someone faces mistreatment and bias because of their disease, and is a constant reminder of their perceived shortcomings.

Addressing stigma in healthcare environments and among healthcare providers

View people as the human beings we are.

Understand that these are diseases and as such, we're in the business of disease elimination and eradication... however that may look with the demographic we're working with.

Do a self- assessment to find out if you're in the right field and if you are, we must be reminded that we are servants of those who need us.



I felt hopeless, like no one cared. People judged me and I was battling alone.



Stigma is being judgemental. Plain. Simple.

Watch
Here

RESOURCE REVIEW

GUIDE: COMMUNITY ENGAGEMENT: AN ESSENTIAL COMPONENT OF AN EFFECTIVE AND EQUITABLE SUBSTANCE USE PREVENTION SYSTEM

This resource guide, released by the Substance Abuse and Mental Health Services Administration, provides guidance on ways to utilize community engagement as a tool to implement and scale evidence-based programs and policies.

DOWNLOAD THE GUIDE

Have a resource to share? We want to hear from you!

**TAP
HERE**

RURAL RESOURCE GUIDE: AFFORDABLE HOUSING AND RECOVERY IN RURAL COMMUNITIES

The Housing Assistance Council, funded by the U.S. Department of Housing and Urban Development (HUD), released this resource guide that provides insight on the important role of affordable housing to recovery from substance use disorders (SUD) in rural areas. The guide also provides information on federal regulations related to housing applicants experiencing SUD, and information on various housing programs through HUD, the Internal Revenue Service, and the U.S. Department of Agriculture.

ACCESS THE GUIDE

OPIOID EPIDEMIC PRACTICAL TOOLKIT: HELPING FAITH AND COMMUNITY LEADERS BRING HOPE AND HEALING TO OUR COMMUNITIES

Recognizing the willingness and passion faith-based and community partners demonstrate to meet community needs, the U.S. Department of Health and Human Services (HHS) released this toolkit to equip partners to respond to the opioid health crisis. With an emphasis on hope and healing, the toolkit provides practical applications for communities in need in seven key areas.

DOWNLOAD THE TOOLKIT



PARTNER SPOTLIGHT MOUNTAIN PLAINS ADDICTION TECHNOLOGY TRANSFER CENTER

Meet the Mountain Plains ATTC Team



What do you believe is your greatest success as a program?

The Mountain Plains ATTC has developed numerous training events and activities that are relevant to the diverse range of professionals in Region 8. Drawing from the expertise of practitioners and educators in nursing, psychology, addictions counseling, and social work, among others, our training and technical assistance activities support improved delivery of evidence-based interventions. We provide both state-specific and region-wide training activities designed to meet the needs of any professionals working with substance use disorders.

VISION

The vision of the Addiction Technology Transfer Center (ATTC) Network is to unify science, education and service to transform lives through evidence-based and promising treatment and recovery practices in a recovery-oriented system of care.

MISSION

Accelerate the adoption and implementation of evidence-based and promising addiction treatment and recovery-oriented practices and services.

Heighten the awareness, knowledge, and skills of the workforce that addresses the needs of people with substance use or other behavioral health disorders.

Foster regional and national alliances among culturally diverse practitioners, researchers, policy makers, funders, and the recovery community.

CHECK IT OUT

On-the-Spot (OtS) is an online opportunity for Substance Use Disorders and Recovery Support Services providers to obtain real time input on a variety of behavioral health topics. OtS is an open, one-hour forum guided by participants' questions with responses provided by Mountain Plains ATTC consultants. The goal of OtS is to serve as another tool to increase knowledge, build skills, and change practice through the adoption of evidence-based practices and promising practices.

No registration is required to attend an OtS session. Participants are welcome to join anytime during the one-hour "hotline" forum and can join via phone, PC, or tablet. Continuing Education for OtS sessions is not available and OtS sessions will not be recorded. More information about all our monthly On-the-Spot sessions can be found at the following link - [Monthly On-the-Spot Information](#)

Upcoming OtS Events

March 6: Motivational Interviewing
March 17: ASAM Integration and Application. - Am I doing this right?
March 17: Virtual Recovery Services

FOLLOW THE ATTC



IN THE NEWS <<<<<



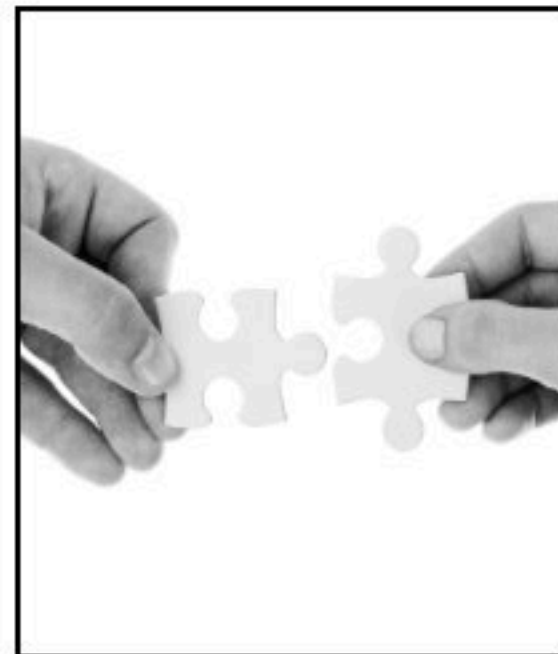
VA, DoD guidelines recommend buprenorphine for chronic pain, not full agonist opioids

VA, DoD guidelines recommend buprenorphine for chronic pain, not full agonist opioids. Buprenorphine may be used for patients taking daily opioid analgesics for chronic pain, according to new guidelines from the Department of Veterans Affairs (VA) and the Department of Defense (DoD). Buprenorphine's lower risk of misuse or overdose compared with full agonist opioids make it a safe option, according to the guidelines. "The benefits that opioids can provide are small and are outweighed by the risks to the patient," wrote authors of guidelines in the *Annals of Internal Medicine*. "If the decision is made to use long-term opioid therapy for a patient, then buprenorphine should be considered because of its lower risk profile."

[READ MORE](#)

Proposed rule open for comment: Medications for the Treatment of Opioid Use Disorder: Removal of the DATA-2000 Waiver Requirements

The Department of Health and Human Services is issuing a supplemental notice of proposed rulemaking to solicit public comment on its proposal to remove provisions authorized under the Controlled Substances Act (CSA), as amended by the Drug Addiction Treatment Act of 2000 (DATA-2000). These changes result from amendments made in the Consolidated Appropriations Act, 2023, which was enacted on December 29, 2022. Section 1262(a)(1) of the Act amended the CSA by eliminating the requirement that practitioners obtain a waiver to prescribe certain schedule III-V medications for the treatment of opioid use disorder (OUD). The deadline for comments is March 14, 2023,

[VIEW THE RULE](#)

USDA Launches Rural Data Gateway to Strengthen Partnerships and Expand Access to Resources for People in Rural America

U.S. Department of Agriculture (USDA) Rural Development Under Secretary Xochitl Torres Small today unveiled the Rural Data Gateway, a new resource to make the Department's data for rural projects easier to access for its partners and for people living in rural communities. The Rural Data Gateway will help USDA better target resources to the people who need them most in rural places. It also will help the Department be a stronger partner to rural people, entrepreneurs, government officials and other stakeholders. "The Biden-Harris Administration knows that transparency is important for a free government," Torres Small said. "It also drives innovation, accountability and more equitable outcomes for rural people everywhere."

[READ MORE](#)

INNOVATION IN ACTION



Ihanktonwan Wowas'ake Youth Project – YST Tribal Opioid Response (TOR) Grant

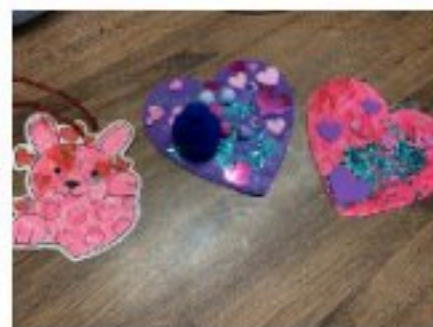
Family Art Night – Vision Board Making for Family Connection and Understanding



YST TOR shared the following innovative activities and their successful outcomes:

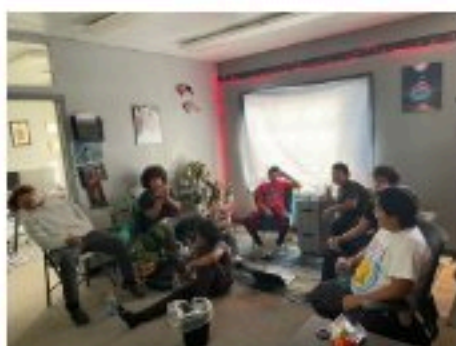
Through our new community arts programming, we hosted a family vision board night. At this event, we had several Ihanktonwan families come to our office to engage in the art activity. The facilitator provided materials and instruction. Parents and caregivers guided children through the activity. The participants shared in our closing talking circle that they were able to tune into their child's needs and creativity. They had fun making artwork and expressed a desire to do more. We combined therapeutic arts with our Dakota cultural teachings which had a positive impact on the families.

Art Kits for Kids



In collaboration with our lead artist, we created art kits for families with children in elementary school and younger. The kits come with a variety of art and crafts tools. Every month we offer new kits and the activity instructions are tailored to Dakota cultural teachings of family respect, honesty, and gratitude. Below are pictures that parents sent in from the February kits. Parents commented that their children were engaged in artmaking and had fun making new projects. The parents shared it was good to have uninterrupted art time with their children.

Ongoing Youth Groups - Prevention



We host youth group activities a few times a week with a group of junior high students. These students have shared that they like coming to our office to learn new skills and have a place to stay after school. So far, the students have created artwork, one art task was to sketch their favorite superheroes. Their next project is to draw themselves as a Superhero. With this activity, students are guided to highlight their personal strengths. In our groups, we combine lessons from the American Indian Life Skills Curriculum with artmaking. Our TOR team is so thankful to work with these bright students!

ABOUT US

The Western Interstate Commission for Higher Education (WICHE) has been strengthening higher education, workforce development, and behavioral health throughout the region since 1953. As an interstate compact, WICHE partners with states, territories, freely associated states, and postsecondary institutions in the West to share knowledge, create resources, and develop innovative solutions that address some of society's most pressing needs.

In 2022, WICHE was awarded a two-year grant from SAMHSA to establish the Mountain Plains Rural Opioid Technical Assistance Center (MP ROTAC). MP ROTAC is dedicated to supporting opioid and stimulant prevention, treatment, and recovery in HHS Region 8, comprised of Colorado, Montana, North Dakota, South Dakota, Utah, and Wyoming. MP ROTAC develops and disseminates resources, training, and technical assistance to rural communities across the continuum of care. In partnership with our Regional Advisory Workgroup, MP ROTAC's efforts aim to meet the needs of a wide variety of audiences that are not traditionally targeted by other training efforts. We look forward to serving you and making a difference in Region 8's rural communities!

Visit mprotac.org to learn more.

CONTACT US:
MPROTAC@WICHE.EDU

Help us name our
newsletter! Submit
your idea **here!**